



The Senior Edition

The Shrewsbury Council on Aging Newsletter

Published Monthly for all
Shrewsbury Residents age 60 and over
September 2005 **Volume 5, Issue 9**



September 2005 Special Dates:

National Cholesterol Education Month

This Month: Golden Age Medicare Part D Broadcasts, days and times on Calendar

September 7th: Parks and Rec Sign Ups Start

September 12th: Talk: Caring for One with Hearing Loss

September 14th: COA Board Meeting

September 20th: Friends of the SSC, Inc:
"Dancing Cop" performance

September 23rd: Golden Age Medicare Part D Talk

Saturday, September 24th: Senior Activity Day

September 29th: Talk: Living With Vision Loss

September 30th: Newsletter Mailing
Brown Bag Lunch and a Movie

See Inside and Calendar For Details!

It's time for Shrewsbury Annual Festival!

September 22 through 25,
see pages 2, 3 and 6 for more details!

*The Town of Shrewsbury's Council On
Aging mission is to develop and support
community activities which
enhance the well-being of residents of the
town who are age 60 or older.*



**Friends of the Shrewsbury
Senior Center, Inc.**

98 Maple Avenue, Shrewsbury, MA 01545

Return Service Requested

NON-PROFIT ORG.
U S POSTAGE
PAID
WORCESTER MA
01613
PERMIT NO. 1102

ADDRESS LABEL HERE

Shrewsbury Council on Aging (COA)
Shrewsbury Senior Center
98 Maple Avenue
Shrewsbury, MA 01545
(508) 841-8640

September 2005

***The Sightmobile is Coming! Saturday September 24th, 9am to 3pm
Senior Activity Day! Join Us for a day of fun!***

Weather permitting, all activities will be **outside**.

Please bring your lawn chair to watch the activities or join us for lunch!

All events will be held indoors in the event of **bad weather**.

Restrooms WILL be available inside the Senior Center in either case.

Activities

Ever wonder what some of our weekly activities are like here at the Senior Center? Watch a demonstration, or join in! Activities with an asterisks (*) are co-sponsored by the Parks and Recreation Department.

9:30am: Yoga with Lee Luciervo

10:30am: Fitness* with Karen McKenzie

11:30am: Pilates with Dr. Clermont

Noon: Entertainment featuring the Jug O'Punch with Dan DeWolf (formerly of the Finance Committee and Jim McCrohon, formerly of the COA Board)

1pm: Line Dancing* with Joe Czarnecki

2pm: Tai Chi with Laurie Demers

Sightmobile Screenings

The Sightmobile from the regional Lions District 33-A will be at the Senior Center to offer hearing and vision screenings. Screenings will be limited, ***so please call from September 6th to 13th for best availability!***

Lunch

The Friends will be providing a free brown bag lunch to the 1st 150 callers for Senior Activity Day. Please call right away to get your lunch ticket.

Other Goodies:

Apples, Nutrigrain bars and water from your local legislators will be provided as in the past!

Happy September Birthdays To:

9/6 Barbara Anderson: Piano
9/6 Richard Perron: Veteran's Agent
9/12 James Birnie: SHS Greeter,
9/13 Jean Sansevero: Writer's group
9/14 Carol Spiewak: Busy Hands
9/15 Tim Swiss: COA Board
9/18 Leo Floyd: Piano
9/23 Elizabeth Breen: Grand Reader



Belated Birthday
Wishes
to Volunteer
Tom Rooney,
who celebrated
his birthday last
month on
August 10th!

**Elder & Disability Law
Advocates**
Attorney Nicholas G. Kaltsas
One Free Consultation
Estate & Medicaid Planning
Guardianships
In Home Visits if necessary
255 PARK Ave., Worcester
(508) 755-6525

Medicare Part D: Radio Program

Golden Age Entertainment, which provides the old-time radio and tunes in the Senior Center Drop-In Lounge, will broadcast an informational program on Medicare Part D throughout the month on the dates listed on our calendar. Come hear the information and be sure to sign in...Golden Age will make a donation to the Senior Center for everyone who comes in to listen.

September 12th, The Impact of Hearing Loss

The Massachusetts Commission for the Deaf-and-Hard of Hearing presents, "Are You Caring for Someone with Hearing Loss?" Please join us for an informational session for caregivers to explore the impact of hearing loss. You will learn about communication, resources and equipment available. The talk will be September 12, at 1:30-3:30pm at the Senior Center. This free program is sponsored by The Family Caregiver Support Program at Elder Services of Worcester Area, Inc. Refreshments will be served. Please sign up at the Shrewsbury Senior Center.

September 23, 2pm Medicare Part D Talk

Golden Age Entertainment and CVS Pharmacies will be holding an educational seminar on the Medicare Part D Plan on September 23, at 2:00pm at the Senior Center. The pharmacy representatives will be here to explain this potentially confusing plan. The presentation also includes prizes and a fun game show! Call to reserve your seat. Golden Age will make a donation to the Senior Center for every attendee that comes to hear the presentation.

Yoga Reminder: This month, Lee reverts back to the original starting time of 11:00am every Wednesday.

Outreach News, Reminders

Finance Issues?

Circuit Breaker Tax Credit and NSTAR Assistance is still available..

Farmer's Market Coupons are available for Shrewsbury residents who are 60 years or older and eligible for food stamps, SSI, Section 8 Housing, Energy Assistance, Medicaid, or Commodity Food Assistance.

Alternative Lifestyles? Senior services can help: If you or someone you care about is a GLBT (gay, lesbian, bi-sexual or transgendered) senior, services are available. Recent state studies estimate that there are between 200-500 such seniors in Shrewsbury and often this group does not know where to turn for help as they age. Learn about services available to all.

To learn more about Outreach Services, call Walter Rice, Outreach Coordinator, directly at 508 841-8647. All information is kept strictly confidential.

September 29th, Living with Vision Loss

Donna Harris, a Rehabilitation Specialist from MAB Community Services (formally The Massachusetts Association for the Blind), will be coming to the Shrewsbury Senior Center, September 29, from 1-2:30pm, to talk about vision loss and services. Topics will include: education on common eye diseases, age-related vision changes, magnifiers, low vision equipment, lighting, and questions for your eye doctor. Demonstration of equipment will also be available. Please call to reserve your seat for this informative session.

September 24th, Annual Jail and Bail

The Spirit of Shrewsbury weekend will be here before you know it! Get your holiday shopping done early! Check out the "**Busy Hands**" table with hand knit goods! You'll find some wonderful, colorful baby sets, sweaters, scarves, blankets and much more. Be sure you don't miss the **Jail and Bail** at the Oak Middle School. This is a big fundraiser for the Friends. It is a great opportunity to have your "friends" "jailed"...then see who will bail them out! A fun time for all!

The Friends thank you for your support of our events! See page 2 and 6 for more Weekend Events!

September 30th, Lunch/Movie 11:30am

Join us for this month's feature **Fever Pitch**, sponsored by the Westboro Bank. This movie is an American rewrite from a well-reviewed, 1997 British film that was based on the acclaimed Nick Hornby novel. Ben (Jimmy Fallon) is a high-school teacher who meets Lindsay (Drew Barrymore), a successful business woman. Ben and Lindsay don't appear to have much in common on the surface, but they hit it off and are soon involved in a serious romance. When spring rolls around, Lindsay becomes aware of the true love of Ben's life--the Boston Red Sox. Despite the team's lamentable record, Ben has been a fiercely loyal Red Sox fan since childhood, and Lindsay finds it hard to compete with his passion for baseball, while Ben is forced to choose between the obsessions of his youth and the enthusiasms of a responsible adult. **Fever Pitch** was shot partly in Boston during the 2004 baseball season, which, to the surprise of the filmmakers, saw the Red Sox winning baseball's World Series for the first time since 1918.

Come and join your friends for a Brown Bag lunch, or buy a lunch for \$2 from the meal site. Please call the Senior Center by Sept 28th to sign up for the movie and let us know if you'll also be buying a lunch.

The Drop-Off for Yard Waste at the Municipal Garage at 211 South Street will be 8:30-11:30am on Saturday, Sep. 3 and 17. Please Do Not leave any yard waste at the garage when the drop-off is closed.

CARES September Column - Your Concerns

By Dave Grillo, CARES Coordinator

(Consumer Awareness and Resources for Elders in Shrewsbury)

Absolutely nothing bothers me more than people exploiting other people. My contempt for such behavior was the inspiration for the CARES Program. With countless hours of guidance as well as strong support from your COA Director, along with the approval of the COA board, CARES was born in 1998. I assure you that the world still holds many perils for consumers seven years later. Case in point: I am currently attempting to help a female senior (from Shrewsbury, of course) who was pressured into purchasing a supplemental health plan that she did not want or need. So why did she agree to it? Maybe because she is a vulnerable human being **just like the rest of us**. She received a high-pressure sales call, she was ill at the time, she is a widow living alone, her children do not live nearby, and she truly represents her generation by being trustful and respectful of strangers to a fault. Actually, she represents many of us. Getting her money back will take a mixture of effort and good luck. I always end this column with an admonition to "Always talk with a family member or trusted friend..." (See below). I strongly advise that you adopt the following policy: "Whenever a person or entity (even a charity) approaches me by phone, mail, computer, in person, etc. with any kind of offer, I will ask for written information that is complete including all details of the offer and contact information for the solicitor including principal employees, address(es), phone number(s), and professional affiliations. Only after I receive said information and have the chance to review it will I give serious consideration to the offer." I also hate being rude to telemarketers. So, I very politely cut them off, and I say, "I'm not interested, but thank you very much and have a nice day." Then, I abruptly hang up...and I feel great.

A reader of last month's column wants you to know that he receives mailings from his bank with full social security numbers and credit card numbers on enclosed statements. He wants you to be aware and to confront your bank to include only the last few digits as a measure against identity theft. Thank you, kind sir, for your concern for your fellow seniors in Shrewsbury.

According to *Kiplinger's Personal Finance Magazine* (July 2005, p. 26), cell phone users are entitled to a minimum 14-day trial period before they buy service from a provider. There is no cancellation fee if you cancel before the trial period expires. Be sure you are aware of the trial period start and end dates.

Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.

Spangler & Spangler, Inc.

45 S. Quinsigamond Avenue
Shrewsbury 508-753-2200

Helping families
Turn Blue Sky
Dreams
Into Down to
Earth
Realities



An Assisted and Independent
Living Community

**Shrewsbury
Crossings**

311 Main Street
Shrewsbury
508-845-2100

**Damon
Aronson**
Community
Relations

Volunteer Opportunities:

Volunteer Opportunities Inside Senior Center:

Life Journeys: Are you interested in helping special Middle School kids (Grades 5 to 8) learn how to be better friends and develop good social skills? Shrewsbury Youth and Family Services and the Senior Center are united in a unique after-school program. 12 special folks are needed who would be available late afternoons to do one-on-one and group activities at the Senior Center once a week. Screening will begin right away, with training in October and the program starting in November. We are looking for both men and women who might want to play pool, board games, engage in trust and self esteem exercises and much more. If you are up for a truly interesting volunteer opportunity, please call the Senior Center to learn more.

Grand Readers: Grand Readers Program will be starting up again in the Fall. If you would like to read for 1/2 hour or more once or twice a month to children between the ages of 3 to 5, please call the Senior Center. Orientation will be held prior to the assignments.

Volunteer Opportunities Outside Senior Center:

The CASA Project (Court Appointed Special Advocates) needs volunteers to serve as advocates for abused and neglected children in the Worcester County Juvenile Courts. For more information stop by the Senior Center for a flyer or call: [508-757-9877](tel:508-757-9877) or e-mail the organization at www.thecasaproject.org.

RSVP Worcester Area Volunteers Literacy Corps Open House at the Worcester Senior Center: Friday, September 2, from 10:00 a.m. to 12:30 p.m. at the Worcester Senior Center. RSVP's Literacy Corp's mission and opportunities for volunteers will be discussed. You'll hear a guest speaker from the program, a question and answer period, and time to meet with other volunteers. Refreshments are provided. For more information call RSVP Worcester Area Volunteers at 508-799-1884.

If you are interested in any of the above volunteer opportunities or have any other volunteer opportunities to offer, please call the Senior Center.

Volunteer Corrections:

The COA staff apologizes for incorrectly listing Al Vadenais and Betty Viscera's birthdays in our July issue. Al's is 3/2 and Betty's is 2/23. They want to assure readers it was our error and they are NOT trying to bilk people out of extra cards and gifts!~

Condolence Notice: For printing clarification, please state your family's name and relation to the deceased (neighbor, friend, etc) when calling. Thank you!

MARIA SMITH REAL ESTATE
420 Boston Turnpike, Shrewsbury, MA

Patti Faucher **Maria Smith**
508/753-5646 **508/845-9974**

Free Consultations
SENIOR REAL ESTATE SPECIALISTS

Special Events at Shrewsbury Crossings

Shrewsbury Crossings has some exciting entertainment lined up for September. Below is the list of events for this month.

- September 3rd: 2:30pm, *Classical pianist Ernest Goldman & special guest viola player Yossi Gutman*
- September 10th: 9-1:00pm, *Giant Yard Sale*
- September 13th: 6:30pm, In celebration of *Assisted Living Week - Art & Camera Club Exhibit* during the *Wine & Cheese Social*.
- September 26th: 2:30pm, Musical entertainment - "Tribute to the Platters - 50's Review" (this show features one of the original Platters)

Please call ahead (508-845-2100) to make reservations if you plan to attend any of the events

Colored Musical Fountains at Dean Park!

Mondays, Wednesdays, Fridays, and Saturdays 12:00-2:00 PM and 4:00-9:45 PM. Music to accompany the fountains can be heard on 91.7 FM on your car or portable radios. The colored lights can be seen from 9:00-9:45 PM.

September is Senior Month at Old Sturbridge Village! Discover all that's new! There are horse-drawn wagon rides, performances, and activities featured every day. Low admission (\$10) is offered for seniors all through the month. Also, seniors can take 10% off when they visit the Oliver Wight Tavern.

Old Sturbridge Village is open daily from 9:30am until 5:00pm. For more information and a schedule of events and activities during Senior Month call 1-800-SEE-1830 or visit www.osv.org.

Sept. 17th, Get Paddling!

Get ready for Shrewsbury's 4th Annual *Great Quinsig Canoe & Kayak Race*, an event that draws paddlers from 50 miles around! It is a flat water 5.0 mile race on Lake Quinsigamond. This is a wholesome fun event for all, at a great time of the year. The event is ideally suited for novice and intermediate paddlers. There are also classes for canoe and kayak with groupings of men, mixed, women, teens, and adult and teens. For more information call: 508-842-0489 or visit <http://quinsig.com>



Shrewsbury Public Library News:

Call the Library at 508-842-0081 Ext: 3,
for further Information!

Library Book Group Dates

Eclectic Browsers:

The Secret Life of Bees by Sue Monk Kidd
September 29, 10:30am

Pageturners Mystery Book Group:

The Thirty-nine Steps by John Buchan
September 8, 10:30am

Science Fiction:

Star Wars: A New Hope by George Lucas
September 7, 7:00pm

James Dean Film Festival

Re-live James Dean's greatest roles on marking the 50th Anniversary of his death. Films start at 10:00am. September 14, September 21, and September 28 Refreshments will be served. Call for film titles.

Shrewsbury Genealogy Club

Starts September 26 at 7:30pm.

Program is free, but pre-registration is required

Stress: How Physical, Chemical and Emotional Stress Affects Health

September 20, 7-8:30pm

Dr. Nault (of Nault Chiropractic of Worcester) will present ideas on how one can balance hormones naturally; relieve pain, and look and feel better.

Talk is free but pre-registration is required.

Knit Nights

September 28, 7:00pm

Knitters of all skill levels are invited to come knit together. Adults and teens both welcome. Bring your own supplies. All crafters with portable projects are welcome; please join them whether you crotchet, needlepoint, or anything else!

New Saturday Hours

The first Saturday opening for the fall season is
September 10, 2005, from 9:00am-5:00pm.

The library will remain closed on Sundays until October 1, 2005.

Call Shrewsbury Light and Cable and sign up for

SELCO

Shrewsbury's Digital Cable Service

High Speed Internet Access

Call **508-841-8500**

for more information
about all out levels of cable services!



Busy Hands

Knitting Group

Looking for a great gift? Drop by the Senior Center and view our wide variety of hand knitted goods. All items are reasonably priced.

Shrewsbury Senior

Mondays

11am

President:

Dorothy Sinkus

Join Us!

Citizen's Club

Annual Spirit of Shrewsbury Fall Festival is here again!

September 22 to 25

Look for more information in the local papers, on cable,
or visit the website at www.spiritofshrewsbury.com

Don't Miss Senior Events on Page 2 and 3!

This Year's Event Promises to Be Better than Ever! Events planned include:

- District #5 Schoolhouse Open House
- 9th Annual 5k Roadrace and Funwalk
- Dancing Fountains
- Pancake Breakfast for the Kids
- Fishing Derby for the kids
- Oak Middle School Open House and Dedication
- Rotary Beer and Wine Festival
- Historic Cemetery Tour
- Family Funfest At Dean Park

Highlights Include:

Oak Street Expo

Note that these events replace what previously took place on the Common!

A Community Event for the Enjoyment of All!

Celebrating Shrewsbury's Town, Civic, Educational & Religious Organizations and Businesses Over 80 participants with something of interest for everyone!

Musical Performances: Chorus, Band and more!

Plenty of Food!

Hot Dogs, Sausage Sandwiches, Teriyaki Steak, Monte's Pizza, Shish-ka-bob, Baklava, Spinach Pie, Indian Cuisine, Kettle Corn, Lemonade, Dippin' Dots, Candy Bars, "Everything Chocolate" & Bake Sales Galore!

A Variety of Activities!

Tarot Card Readings, "Cat's Meow" Sales, Clothing Sales from Town & School Sports Organizations, Molly Bish Foundation Free ID Kits for kids & seniors, Physical Therapy & Chiropractic Information & Screenings, Financial & Social Service Information, "Stories for Families" story-telling, Historic Cemetery Tours, Self-guided tour of notables in Mountain View Cemetery from veterans of Gettysburg to murder victims

And Much, Much more!

Fall Festival Craft Fair Saturday, September 24, 10 AM to 4 PM Inside Sherwood Middle School. This is a wonderful opportunity to get unique, distinctive hand-made gifts from local and regional artisans. At press time, space was still available for crafters wanting to sell goods. Volunteers are also needed. For information, call Laura or Jane at 508-842-6223.

Here Comes the Parade! Be a part of the Spirit of Shrewsbury Fall Festival Parade Sunday, September 25, at 1:00 PM. Get the members of your organization together to build community spirit! Build a float, march, ride in antique cars, push doll carriages, ride bikes, etc. For more information, contact Maria Smith at MMSREAL@aol.com or call Candace Longo at 508-523-1615

Afghan Sale will be held to benefit "Why Me-Sherry's House" (children with cancer and their families www.whyme.org). Donations of afghans (newly made), squares, yarn, or money accepted. Yard sale will be held on Saturday, September 24, (During the Spirit of Shrewsbury Fall Festival) from 10-4:00pm at 11 Wesleyan St., Shrewsbury. Call 508-842-1371 for more information.

Scarecrow Contest will be held on the Town Common from Sept. 20-25. Create a scarecrow....whether it is traditional, a historical character, a famous personality or whimsical...be creative! Use your imagination! Entry forms available at Senior Center, or call the Garden Club at 508-845-2630 for more information.

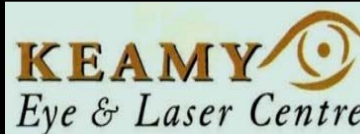
Britton Funeral Homes, Inc

Britton Funeral Home
648 Main St. Shrewsbury
(508) 845-6226

Britton Wallace Funeral Home
91 Central St. Auburn
(508) 832-4420



Please call to learn more about our wide range of financial services for seniors! 508-842-7400.



JEAN E. KEAMY, MD, MBA
Refractive & Cataract Surgeon
24 Lyman Street, Suite 130
Westborough, MA 01581
508-836-USEE (8733)
508-836-3342 (fax)
www.seemedrkeamy.com

Worcester Art Museum (WAM) Events:

Ongoing exhibits at the WAM are:

- *Hope & Healing: Painting in Italy in a Time of Plague, 1500-1800.* Now through September 25
- *Pillar-Print Masterpieces: Narrow Glimpses into Japanese Life, Legends, and Literature.* Now through January 21, 2006.

New Exhibit Coming for September

Egyptomania: 19th Century Fascination for an Ancient Civilization, starting September 17 and running to November 27, 2005. This exhibition features watercolors, drawings and photographs made by travelers to Egypt in the 19th century, when there was a fad among European and American scholars and artists for the romance of the ancient Nile. The exhibition includes works by pioneer photographers like Maxime du Camp and Francis Frith, and watercolors by American Henry Bacon and Englishman Howard Carter, who discovered Tutankhamun's tomb.

photo by Howard Carter, 1925

September Tour of the Month: A Brush with Death

For many viewers of *Hope and Healing*, the pictorial language used in images of suffering and redemption may prove challenging. Museum docent Emily Wolf, will examine both the artists' methods and specific devotional content to promote and enhance understanding and appreciation of these distinctive works. Tour begins Wednesday, September 14, at 2:00pm and Saturday, September 17, at 2:00pm. The tour is free with museum admission: \$6 for seniors age 65 and over.

Community Mosaic Rededication

Five years ago, over 1,100 people collaborated with California artist Kim Emerson to create Worcester's Community Mosaic. Monumental in size (45 feet long) and using thousands of tesserae and tiles, the Mosaic has been a feature of the Museum's Lancaster Street entrance and a symbol of the Museum's strong community involvement. With the renovation of the Lancaster Street entrance, the Mosaic has been given a new location of prominence in the Stoddard Garden Courtyard. Help the Museum rededicate this wonderful mosaic and rediscover the artistic contributions of our friends and neighbors in its making. Free and open to the public.

For more information, contact the WAM at 508-799-4406 or visit their website at www.worcesterart.org.

Holy Cross To Exhibit Large Scale Quilt and Multimedia Installation about Seniors

The Iris and B. Gerald Cantor Art Gallery at Holy Cross will present *From Sea to Shining Sea, A Quilt from the Rose Baker Senior Center* and *These Beautiful Hands: A Tribute To Lives Long Lived, An Installation by June Van Dyke* through Sept. 17. The large quilt was put together by over 40 people in Gloucester, MA following the tragedy of 9/11 as a celebration of America. The Installation features sculpture, drawing, painting and photo mediums. For more information, call the gallery at 508-793-3356.

OSV's Entertaining Senior Presentations

In addition to September's Senior's Month, Old Sturbridge Village is offering for free presentations and the showings of classic films.

Sept. 9: Humorous 30 minute presentation on a 19th century *Image from www.osv.org* surgeon-dentist about his profession and patients.

Sep 14: Phrenology, The Science of the Mind: Actor Tom Kelleher gives an entertaining presentation on the pseudo-science that claims to predict personality and behavior by studying bumps on the head.

Sep 20: Mythbusters: Audience will participate in a game showing how history is often clouded by myths and misconceptions.

Sep 26: A Conversation with 19th Century Author Lydia Marie Child. Actress Daphne Stevens portrays the witty and interesting author.

Classic Films

Each Friday afternoon at 2pm, free films will be shown in the OSV Visitor Center Theatre:

Casablanca

Calendar Girls

Singing in the Rain

To Catch A Thief (with Cary Grant)

Call 508-347-0323 for more information!

September at Tower Hill Botanic Garden

September 8th

5-Star Concert Series, "Autumnal Harmony" with A Minogue in the Orangerie. Cash bar at 6:30pm, followed by the concert at 7:30pm. \$24 for adults, \$20 for members.

September 10th

Emporium Plant and Garden Accessory Sale from 10am to 3pm. Free admission, no parking fee.

For more information call: 508-869-6111.

Alzheimer's Family & Caregiver Support

Direct your general questions to local contact

Aimee Rizzo at 508-393-5655, Ext. 256.

Whitney Place at Westborough

Get the support and education you need nearby, as well as a chance to share your feelings, ideas and concerns. **Evening meetings** are held monthly, the first Tuesday of the month from 7-8:30pm at Whitney Place in Westborough. Call Aimee Rizzo at 508-836-4354, ext. 3706 for more information. This month's meeting will be September 6, 2005, October's will be October 4, 2005.

Note: Group meetings are also held mornings on the second and fourth Thursday of each month from 10-11:30am

Whittier Rehab Hospital

September 18-24 is National Rehabilitation Week and Whittier will be celebrating it with several events, one of which is their community event the "Health and Wellness Fair". It will be on Wednesday, September 21, from 11-2:00pm. They will be offering health screenings, pharmacy consultations, presentations on "Benefits of Exercise" and "Relaxation Techniques". Lunch will be served. To learn more, call: (508) 870-2222, ext. 3134.

Fallon Representative Available:

Ms. Sochalski will be available at the following locations during **September**. She will also be coming to the Shrewsbury Senior Center on October 3. Anyone who is interested in signing up or getting information on the Fallon Senior Plan can contact her at the number below.

Christo's Restaurant, 97 Stafford St., (Worc.) September 7, 2:30pm.

The Manor Restaurant, 39 Franklin St., Rt.12, (W. Boylston) September 8th, 2:30pm.

Sophie's Restaurant, 81 Clinton St., (Shrews.) September 9th, 2:30pm

Friendly's, 966 Grafton St., (Worc.) September 12th, 10:00am.

Tatnuck Bookseller, 335 Chandler St., (Worc.) September 13, 2:30pm.

Bickfords, 539 Lincoln St., (Worc.) September 20th, 2:30am.

The Manor Restaurant, 39 Franklin St., Rt.12, (W. Boylston) September 28th, 2:30pm.

Bickfords, 539 Lincoln St., (Worc.) September 29, 2:30pm.

Call 1-888-377-1980 for more information.

KALTSAS KORNER

Publicly Assisted Housing for Seniors

As our population ages, there is a greater need to know the housing options available to seniors. Massachusetts seniors are fortunate to live where there is a long history of innovative housing arrangements that provide supportive services. However, in assessing housing options available to seniors, we will begin with a review of federal statutes that provide protection to frail elders: the Americans with Disabilities Act (ADA), the Rehabilitation Act of 1973, and the Fair Housing Amendments Act (FHAA).

The Rehabilitation Act of 1973 is a general civil rights statute that prohibits discrimination against any "otherwise qualified individual with handicaps" in many housing programs receiving federal financial assistance. FHAA is broader than the Rehabilitation Act of 1973 in that it applies to virtually any housing activity or transaction, private or subsidized. Finally, the ADA is having a profound effect on society and extends to Massachusetts programs the protections of the Rehabilitation Act of 1973. While age alone does not equate to disability, the symptoms and conditions of the aging process are likely to cause impairments that meet the definition of disability set out in those statutes. Federally subsidized programs for older renters include conventional public housing programs, the Section 202 Supportive Housing program and Section 8 rental assistance. Because housing costs in Massachusetts are among the highest in the nation, affordable housing for the elderly residents on a fixed income is challenging.

To address this issue, three kinds of public assistance are available to qualified applicants. We will take a look at each of three kinds of public assistance separately. In this article, we look at "Public Housing". Public Housing, both federal and state, is intended to provide housing for lower income seniors. In public housing, tenants pay a fixed percentage of their income as rent, typically between 25 or 30% for state programs and 30% for federal programs. There are eligibility requirements for participation in these programs, most notably an age requirement (62 for federal programs and 60 for state programs) and a low-income requirement (80% or less of the median income in the area for both programs, federal or state). Although there is no set asset limit, if net family assets exceed \$5,000, income from those assets will be added to the low-income requirement.

While it is true that budget deficits have cut back on the supply of public housing, programs are available to private housing. Next month we will look at project-based subsidized multifamily housing. If you have specific questions, please feel free to call Attorney Kaltsas at 508-755-6525.

Attorney Nicholas G. Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts. This article gives general information and not specific legal advice on individual matters.

Commonwealth of
Massachusetts
House Of
Representatives

**STATE REPRESENTATIVE
KARYN POLITO**

Local office: 508-845-2300
Statehouse: (617) 722-2692 Room 167

Working
Hard for
Seniors
in
Massachusetts



**Congressman
Jim McGovern**
34 Mechanic Street
Worcester, MA 01608
(508)-831-7356

RAND'S
All Makes and Models
Brakes/exhaust/tune-ups
Wheel Alignment
Towing and Road Service,
Inspections
185 Memorial Dr. Shrewsbury
508-845-9850

Caregiver Series 2005, September 7th

Presented by the Fallon Community Health Plan, the *Caregiver Series 2005* are programs for seniors that are scheduled throughout the year. The next program, *Safety and the Older Driver: How to Help Your Loved One Stay Safe*, will be held Wednesday, September 7, at 277 E. Mountain St., Worcester from 5:00-6:00pm. *The Caregiver Series* is free of charge and open to the public. Pre-registration is required. Refreshments will be served. To register for this program, call: 1-800-868-5200. You may also pick up registration forms at the Shrewsbury Senior Center.

Senior Wellness 2005, September 14th

Fallon Community Health Plan is sponsoring a wellness series beginning this month. The first program will be "Exercise Program". Come and exercise with Andi Kwapien, a Health Care Dimensions Regional Instructor Coordinator for the SilverSneakers Fitness Program. Participants will learn exercises taught in the Silver Sneakers Fitness Program to improve activities for daily living by increasing muscular strength, endurance and range of movement. The program will be held at the Worcester Senior Center from 10-11:30am. Program is free, but you must preregister. Call 1-800-868-5200.

Walk for a Good Cause! Both walks will also offer music, food, activities and exhibitors!

Memory Walk, September 18th

Sponsored by the Alzheimer's Association. Begins at the Worcester Senior Center. One, two and three mile walks are available. Call 508-799-2386 for more info.

Arthritis Walk, September 19th

10:30am to 2:30pm at the YMCA of Worcester. One or 3.1 mile walk/run around Indian Lake. Call 1-800-766-9449.

Good Food = Good Health: *Serve* Sign up on-line at www.servenewengland.org or in person at the Shrewsbury SERVE host site at Mount Olivet Lutheran Church office. There are many specials this month! The Church's sign up hours are Mon. through Thurs. from 9am-1pm. Call 508-842-2731 before you go to make sure a church staff person is available. Deadline is September 8th for distribution on September 24th or call 1-800-548-2111. Help is available!

Getting "Extra Help" from Medicare's New Prescription Drug Program

By Ellin Clifford, Regional SHINE Director

The new Medicare Prescription Drug Program that is going into effect **January 1, 2006** will affect all Medicare beneficiaries in some way!! At the SHINE Program we are trying to help Medicare beneficiaries "GET READY" by:

- Helping those who qualify to apply for "extra help" with Social Security
- Discussing the changes to Prescription Advantage and what those people on this program will have to do
- Keeping folder of important information (PA,SSA, Retiree Plan letters, Insurance Carrier information)
- Making a list of prescriptions (forms available from SHINE)
- Encouraging attendance at upcoming presentations in the area
- Providing new information as soon as it becomes available
- In the Fall, helping with enrollment in a Medicare Prescription Drug Program

You can also call 1-800 243-4636 (1-800-AGE-INFO) and press "2" when instructed to do so. Once you get the SHINE answering machine, leave your name and number and a volunteer will call you back.

If you missed last month's Informational Forum by the Social Security Administration and the SHINE Program at the Shrewsbury Senior Center, meetings are continuing at area locations in September. Two local Senior Centers are listed below. For a complete list, call SHINE to find a day and time you can attend.

September 14, 1:00pm
Paxton Senior Center

September 23, 10:00am
Rutland Senior Center

Parenting A 2nd Time...for Grandparents

Sept. 20th at Tatnuck Bookseller, 6-9pm. You Deserve a Break! Dr. Douglas Goldschmidt will discuss how to find humor while raising grandchildren. The event is free, as well as a complimentary daycare and dinner. RSVP to Mary Taylor, 508-799-8072.


Morning Tea and Talk for Women Only!

Sept. 28th at the Grafton Senior Center, 10:30-11:30am. Katherine O'Dell, CNM from the Women's Center at UMass Memorial, will dispel myths about urinary incontinence and other problems. RSVP to Lorrie at the Grafton Senior Center: 508-839-9242.



Service & Repair
185 Memorial Drive · Rte. 140
Shrewsbury
508-841-8171
Ask about our senior discount!

NOW OPEN TO THE PUBLIC!
Serving the needs of those who live,
work or worship in Shrewsbury



NEXT TO THE LIBRARY
615 Main St.
508-841-8550



Dean Park Pizza
745 Main Street
508-842-2525
Offering a 15% Senior Dine-in
Discount on Mon & Wed.
Breakfast: Sat & Sun:
7am-noon
Try our fresh seafood!
Many menu choices!

Shrewsbury Men's Friends Club resumes September. 8th, 9am

Submitted by Al Vadenais

Here's hoping you've had a good summer! Don't forget, Men's Friends Club meetings will resume on Thursday, September 8th. See you there!

"A Walk Through History" Sept. 10th

Shrewsbury Historical Society proudly presents, "A WALK THROUGH HISTORY" on Saturday, September 10, 2005 from 7-9 p.m. Go on a guided tour through Mountain View Cemetery where you will meet some of the people who have lived in Shrewsbury in the past. The tour will start at the 1830 schoolhouse, next to the Congregational Church. Refreshments will be served at the school. Tickets are \$5.00 per person and are available from Marcia Arnold (508)842-1647 or on the night of the tour at the schoolhouse. Be sure to bring your own flashlight!

Yard Sale, September 17th

The Shrewsbury Tower Social Club will be holding a yard sale on September 17, from 9-3:00pm. If anyone has household items that they want to donate, the social club will be happy to take them. They will pick items up if you can't make it there. For more information call: 508-799-4188.

Silver Stars: A Salute To Seniors

Silver Stars, a recognition program for people 65 and older, has been established to honor those who make lasting and unique contributions to the community.

Silver Stars is a joint collaboration between Fallon Community Health Plan and the Worcester *Telegram and Gazette*. Each month, through October, a Silver Star recipient will be selected to showcase their role in helping to make our communities a better place to live.

If you would like to nominate someone, pick up a Nomination Form at the Senior Center or call to have one mailed to you. Forms are also available on-line at www.fchp.org. Call 1-800-868-5200 to get more information.

Details on guidelines, judging and eligibility are all included in the Nomination Forms.

Friends of the Shrewsbury Senior Center, Inc., Sept. 20th: "The Dancing Cop"

submitted by Diane Lindberg

Don't be late! You want to be sure to get a seat! An afternoon of laughter and great entertainment! The Friends general meeting...September 20, 2005 at 1pm, will certainly lift your spirits high! The entertainment is "The Dancing Cop"! Tony Lepore has been showcased on so many of our local news shows as well as The Today Show, Good Morning America, The Rosie O'Donnell Show and Dateline. It guarantees to be a performance that you'll be laughing and talking about all night long. Laughter is good food for the soul! Coffee and goodies will be shared after the performance. For a great afternoon of fun and fellowship, bring your friends!

We thank Madeline Gentile, the program chair, for enriching us with this wonderful and fun event to kick off what should be a successful 2005-2006 year.

The Friends thank you for supporting the monthly events! Don't miss the Friends events during the Fall Festival...see details on page 3!

Stamps Still Needed...It's So Easy!

Submitted by Roger Heinen

It is so easy to do! Simply clip the used stamps off of your mail. Put them in the stamp box on the brochure table at the Senior Center. The Spellman Museum of Stamps and Postal History needs stamps in their programs for children. We appreciate your help! For more information or any questions, contact Roger at 508-842-1579.

Travel Information:

Anna & Bernie Keiser: 508-753-1387

Call for trips planned

Frank Fulginiti : 508-845-6509

Foxwood Resort Casino: September 6th.

Call Frank or Anna about other exciting trips they have planned for 2005 and get their trip schedule. Flyers are available at the Senior Center.

Victor R. Quaranta

American Legion Post 397

Do You Have An Old Flag?

*The Post will
Ceremoniously and
Properly dispose of
American Flag*

Drop Off Box At Senior Center

Shrewsbury Men's Friends Club



Thursdays 9-11 AM
President: John Kehoe

RICHARD'S CAR WASH

309 BOSTON TURNPIKE

508-755-0131

ALL CLOTH WASH — HOT WAX APPLICATION
COIN OPERATED VACUUMS — 4 BAY WASHERS
Tuesday: Senior Citizen's Day: \$1 off!!!

TURNPIKE AUTO BODY

307 BOSTON TURNPIKE

508-755-3015

UNIBODY REPAIR SPECIALIST
FEATURING: LASER BEAM TECHNOLOGY

Polito

DEVELOPMENT
CORPORATION

Commercial Industrial
Residential Real Estate

587C Hartford Turnpike
Shrewsbury MA 01545

508-842-5300



The Poet's Corner

Paintings for Sale

Trees in winter,
Covered in snow.
Nature's canvas,
Her own art show.

Trees in Spring,
Covered with blossoms.
Nature's canvas
Painted once more.

My mind ponders;
Which is more lovely?
Which shall I buy?

I'll purchase both.
I cannot decide.

Poem by Judy Dowd

Judy is from Shrewsbury and has been writing poetry for about 5 or 6 years. She says she was influenced by her elderly friend's great love of poetry. Her friend would always read poems to her when she visited her in the nursing home. Judy became interested in writing after she started reading the works of English poets lent to her by her friend.

Recipe of the Month

Submitted by van driver Mike Mazzola

Biscotti Cookies: Single Batch

Ingredients:

3 well beaten eggs
1 cup sugar
1/2 cup margarine
2 tsp vanilla
1 tbsp anise
1 cup chopped walnuts
2 cups flour
2 tsp baking powder
1/2 tsp salt

Directions:

- Combine 1st six ingredients
- sift flour, baking powder and salt
- add dry ingredients to mixture
- add flour as needed
- roll mixture into small loaves
- brush beaten egg on top for shine
- bake at 375 until golden brown
- slice and then toast each side in oven. Usually 6-7 minutes per side.



The A,B,C's of Growing Older

submitted by Jeanne Houde

A is for Apple, and B is for Boat,
That used to be right, But now it won't float!
Age before Beauty is what we once said,
But let's be a bit more realistic instead.

Now A's for arthritis;
B's the bad back,
C is the chest pains, perhaps car-d-iac?

D is for dental decay and decline,
E is for eyesight, can't read that top line!
F is for fissures and fluid retention,
G is for gas which I'd rather not mention.

H is high blood pressure--I'd rather it low;
I for incisions with scars you can show.
J is for joints, out of socket, won't mend,
K is for knees that crack when they bend.

L for libido, what happened to sex?
M is for memory, I forget what comes next
N is neuralgia, in nerves way down low;
O is for osteo, the bones that don't grow!

P for prescriptions, I have quite a few, just
give me a pill and I'll be good as new!
Q is for queasy, is it fatal or flu?
R for reflux, one meal turns to two.

S for sleepless nights, counting my fears,
T for Tinnitus; there's bells in my ears!
U is for urinary; big troubles with flow;
V is for vertigo, that's "dizzy," you know.

W is for worry, NOW what's going 'round?
X is for X ray, and what might be found.
Y is another year I'm left here behind,
Z is for zest that I still have-- in my mind.

I've survived all the symptoms, my body's deployed.
And I've kept twenty-six 'doctors' fully employed!

We welcome birthday, anniversary and other special announcements! Just send them to the *Senior Edition*!

Newsletter Policy of the Newsletter Committee:

- Names must appear with any submission
- Submissions may be edited without notification
- No profanity or offensive material
- Articles, jokes, announcements, etc. should be less than 150 words
- Poems should be no more than 18 lines
- Subject to space limitations, submissions should be limited to one every three months. —Thank You!



September 2005 Calendar

Please Note: PARKS/REC activities are indicated with an (*). Activities will begin the last week of September. Registration begins 9/7. To find about other adult programs being offered, please call the Parks Department at 508-841-8503.

Monday

PLEASE NOTE: All special monthly activities, meetings and screenings *appear in italics* on the Calendar. **Call the Senior Center at 841-8640 to sign up for screenings, clinics and special events.**

The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.

Tuesday

5
Labor Day
All Municipal Offices Closed
No Meal Served

6
Trip: Xmas Tree Shop
10-12:00: Indepen. Artists
Noon: Painting with Elaine
Assorted Cold Salads

12
9:30: Piecemakers
11-1:00: SSC Club
11:30: Whist
12:30: Bridge
1:30-3:30: Talk Hearing Loss
3:00: **Medicare on Radio**
Pork Supreme

13 **Trip: Solomon Pond Mall**
10-11:00: Spinal Screening
10-12:00: Indepen. Artists
10-12:00: Free Legal Clinic with Chris Mehne
Noon: Painting with Elaine
1pm: Hearing Screening
4:00: **Medicare on Radio**
Honey Baked Chicken

19
9:30: Piecemakers
11-1:00: SSC Club
11:30: Whist
12:30: Bridge
French Chicken Stew

20
Trip: Rt 146 Millbury Plaza
10-12:00: Indepen. Artists
Noon: Painting with Elaine
1:00: Friends Inc. Dancing
Cop
Meatloaf with Gravy

26
9:30: Piecemakers
11-1:00: SSC Club
11:30: Whist
12:30: Bridge
Seafood Delight Salad

27
Trip: Target
10-11:00: Line Dance*
10-12:00: Indepen. Artists
Noon: Painting with Elaine
Pork with Peaches

Wednesday



7 **11:00: Medicare on Radio**
11:00 Yoga
12-1:00pm: BP/Weight Screening
12:30: Bridge
1:00: Canasta
1-3:00: Whist
1-2:00: Pilates
2:15-3:15: Chair Pilates
Spaghetti & Meatsauce

14 11:00: Yoga
10:00 COA Meeting
12-1:00pm: BP/Weight Screening
12:30: Bridge/1-3:00: Whist
1:00: Medicare on Radio
1:00: Canasta
1-2:00: Pilates
2:15-3:15: Chair Pilates
Fish Victor

21
11:00: Yoga
12-1:00pm: BP/Weight Screening
12:30: Bridge 1:00: Canasta
1-2:00: Pilates
1-3:00: Whist
2:15-3:15: Chair Pilates
Roast Turkey with Gravy

28 9:30-10:30: Fitness & Nutrition*
11:00: Yoga
12-1:00pm: BP/Weight Screening
12:30: Bridge, 1:00: Canasta
1-2:00: Pilates
1-3:00: Whist
2:15-3:15: Chair Pilates
Buttermilk Chicken

Thursday

1
1:00: Pitch
1:00: Scrabble
Breaded Baked Fish

8
9:00: Men's Friends Club
1:00: Pitch
1:00: Scrabble
2:00: Medicare on Radio
Chicken Francese

15
9:00: Men's Friends Club
10:00: Medicare on Radio
1:00: Scrabble
1:00: Pitch
Stuffed Cabbage & Sauce

22
9:00: Men's Friends Club
1:00: Pitch
1:00: Scrabble
Salmon Boat

29
9:00: Men's Friends Club
10-12:00: Senior Painting*
1:00: Pitch
1:00: Scrabble
1-2:00: MAB Talk
Campfire Chili

Friday

2
10:00: Writer's Workshop
10:00: Cribbage
1-3:00: Busy Hands
1:00: Mahjong
Macaroni & Cheese

9
10:00: Writer's Workshop
10:00: Cribbage
11:00: Ed Augustus Office Hours
1:00: Mahjong
1-3:00: Busy Hands
Seafood Newburg

16
10:00: Writer's Workshop
10:00: Cribbage
1:00: Mahjong
1-3:00: Busy Hands
Hot Dog on a Roll

23 9-10:30: Rep. Karyn Polito
Office Hours
10:00: Writer's Workshop
10:00: Cribbage
1:00: Mahjong
1-3:00: Busy Hands
2:00: **Golden Age Talk**
Chicken Florentine
9/24: Senior Activity

30
9:00: **Newsletter Mailing**
10:00: Writer's Workshop
10:00: Cribbage
11:30: Lunch & Movie
1:00: Mahjong
1-3:00: Busy Hands
Vegetable Cheese Bake